

1



2



3



4



5



I feel ...

Hello, how are you today?

Positive

good | great | happy | excited
terrific | thankful | grateful
energized | hopeful | splendid

Emotions

angry | scared | lazy | okay |
nervous | annoyed | depressed
discouraged | jealous | alive

Negative

bad | upset | down | tired |
Insecure | tense | exhausted
sore | anxious | frustrated

+Positive expressions

Unit

1

Match the words with its meaning. Don't look!

good | great | happy | excited | terrific
thankful | grateful | energized | hopeful | splendid

esperançoso

esplêndido

grato

agradecido

ótimo

contente

animado

bem

estimulado

formidável

+Negative expressions

Unit

1

Match the words with the pictures. Don't look!

bad | upset | down | tired | Insecure
tense | exhausted | sore | anxious | frustrated

cansado

frustrado

pra
baixo

tenso

inseguro

mau

exausto

dolorido

chateado

ansioso

+Expressing emotions

Unit

1

Match the words with the pictures. Don't look!

angry | scared | lazy | okay | nervous
annoyed | depressed | discouraged | jealous | alive

nervoso

preguiçoso

vivo

deprimido

desanimado

bem

com
medo

irritado

com
ciumes

com
raiva

+Interview

Ask your partner these questions and then invert.

Answer using I feel ...

- How are you today?
- How do you feel?
- How's everything?
- What's up?
- How are you doing?
- How's it going?
- What's new?
- What are you up to?